



Valen Rehab & Performance

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To Whom It May Concern,

I'm writing to recommend Andrew Hohmann for your baseball program. As a physical therapist and owner of Valen Rehab and Performance, I've had the privilege of working with Andrew for the past two years, starting with some rehab work on his hips and glutes and continuing through his performance training. In that time, I've watched him transform from an undersized but athletic freshman into a young man with a college-ready body, Division I-level strength metrics, and a work ethic that honestly puts most athletes I work with to shame.

Andrew plays catcher, first base, and utility for his high school varsity team and AZBC club team. From a physical standpoint, what really stands out is that he's met or exceeded Division I baseball norms across almost every metric in my force testing system, things like isometric mid-thigh pull, counter movement jump, squat jump and hop tests, throwing grip strength, and plyo push-up performance. He actually holds my facility's records for high school athletes in both internal and external rotation strength in his throwing shoulder, which matters a lot for the wear and tear catchers deal with.

To give you some context on where I'm coming from: before opening my clinic, I worked as a strength and conditioning coach with elite high school and college athletes in Omaha and Ankeny, Iowa. I've trained guys who could jump 40 inches and run a 6.6 sixty. Andrew's force production numbers put him right in that Division I conversation, and honestly, I think he's still got plenty of room to grow with the right continued training.

But here's what really sets Andrew apart, his approach. We started working together when he was dealing with some hip and glute issues his freshman year. From day one, he's been the kind of kid who communicates when something's bothering him, asks what needs to be done, and then just does it. No drama, no excuses. For the last two years, he's been coming in 1-2 times per week like clockwork, never missing sessions, always ready to work.

Here's a story that sums him up pretty well: last summer he rolled his ankle pretty badly during a game. He texted me before the game was even over, I think he was already on his way to get X-rays. We met up that same night, put together a plan, and because he stuck to the rehab protocol exactly like we discussed, he was back on the field in 7-10 days. For context, that type of ankle sprain usually takes 4-6 weeks to come back from. It wasn't magic, it was just Andrew being Andrew and doing exactly what needed to be done, even when it wasn't fun.



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What's been really cool to watch is how Andrew's evolved over the past six months or so. Early on, he'd come in, do what I asked, and leave. Lately though, he's been asking more questions about why we're doing certain things, what else he could be doing, really trying to understand his own development. That shift from just following instructions to actually thinking critically about his training tells me a lot about where his head's at.

Another thing I've noticed, one of his teammates who's already got Division I offers started training with him recently. Instead of getting discouraged by the comparison, Andrew stepped it up. He's used that as motivation to push himself harder, not in an arrogant way, but in a "I want to be at that level too" kind of way. That competitive drive is something you can't teach.

In two years of working together, I don't think I've ever seen Andrew in a bad mood. He just shows up and gets after it. He doesn't shy away from his weaknesses, he attacks them head-on. His grades have improved a lot over the past year too, as he's figured out how to actually study and learn (something I talked with him about since I went through the same struggle in PT school). The consistency is what stands out to me. He's the same guy every time he walks in.

Andrew's goal is to play Division I ball and keep playing for as long as he possibly can. Baseball isn't just something he does, it's who he is. I think he'd do really well in a program that's going to push him and challenge him, especially one with a solid strength and conditioning staff. He's been exposed to what good performance training looks like, and I think he'd thrive in an environment that values that.

I can't recommend Andrew highly enough. He's got the physical tools, the work ethic, and the character that programs look for. More than that, he's still developing and has a lot of upside left. Any program that takes a chance on Andrew is getting not just a talented player, but a good young man who's going to represent you well.

Feel free to reach out if you want to talk more about Andrew or his athletic testing in detail.

Sincerely,

J. Keagan Barrett

Doctor of Physical Therapy

Founder & Owner of Valen Rehab and Performance

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